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EMPLOYEE PRICING ENDS SEPTEMBER 30TH

Vancouver metro

Your essential daily ne | MONDAY, SEPTEMBER 14, 2015 | High 18°C/Low 10°C Cloudy

ROYAL CRUSH
METRO READERS LOVE THE MONARCHY
metroVIEWS

Tom Mulcair was among the party leaders who made a stop in B.C. this weekend.
metroNEWS

SEAN KILPATRICK/THE CANADIAN PRESS

City nearer to lux rides

COUNCIL

Uber-like biz hurdle lifted

Emily Jackson
Metro | Vancouver

Only one bylaw stands in the way of Vancouverites getting a new transportation option in a city where it can feel impossible to catch a taxi during peak periods.

On Wednesday, city council will consider amending the limo bylaw to remove "unwarranted barriers" so that Ripe Rides, a luxury sedan company that works similarly to Uber and charges a price between cabs and limos, can operate in the city.

Ripe Rides received approval in April for 20 licences from the province's Passenger Transportation Branch, but it also needs approval from the city before it can start taking passengers. The branch hasn't issued a new, full-fledged taxi licence since 2007, excluding taxis equipped for people with disabilities.

Ripe is a new breed of service, a hybrid that works through an app (like Uber, no cash will change hands). It plans to charge $20 for the first kilometre and $5 per kilometre for the next three.

City staff recommend nixing the bylaw that bans taximeters in limos so Ripe customers can see how much their trip costs. They also want tariff rates to be posted so passengers can see how much they will be charged.

Notably, the city will not require limos to use eco-friendly cars, even though taxis are mandated to do so.

ELECTION FEVER

Ford
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WHEN
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metro NEWS

Your essential daily news

Sensors in shoulder pads will track NFL players. **Business**

‘I’m one of the luckiest people you will ever find’

IMMIGRATION

Syrian woman, now living in Vancouver, arrived in 2013

Mai Eilia, who came to Canada in 2013, worries for her parents who are alive but live along the Syrian-Turkish border. DARRYL DYCK/THE CANADIAN PRESS

Mai Eilia asks one question when she sends Facebook messages to friends in her war-ravaged homeland of Syria: “Are you still alive?”

“When you ask someone you know this question, you know how bad it is,” she said from her apartment in downtown Vancouver. “‘Are you still alive?’ Barely. They’re barely alive.”

In contrast to the crowds now trying desperately to reach freedom, Eilia easily claimed asylum using a tourist visa to enter Canada two years ago.

“I’m one of the luckiest people you will ever find in the whole world. Seriously,” she said.

Canada’s response to the Syrian refugee crisis has only recently become a major issue as other countries grapple with the same challenge.

Since civil war broke out in 2011, more than four million Syrians have escaped. Canada had resettled 2,374 people as of late August, according to Citizenship and Immigration Canada.

The conflict erupted at the same time she was suffering her own crisis — divorce and the end of an employment contract in Dubai.

All she wanted was the comfort of her family in Aleppo, her hometown and Syria’s largest city. Instead, Syrian President Bashar Assad’s regime threatened the life of her father, an activist with the banned left-wing Democratic People’s Party.

“Our house was abandoned, my mom and dad had left the city — I had no one there,” she said. “(The Islamic State of Iraq and the Levant) was fighting, the regime was fighting — it was completely a war zone.”

> **They stopped so many other wars before. Why can’t they stop this one?**
> Mai Eilia

But somehow — she’ll never know how — she had obtained a valid Canadian tourist visa, granted in 2012 when many of her friends and relatives had been denied.

Eilia was accepted into Canada through Montreal’s airport in December 2013 and immediately applied for asylum. She then became the conduit for her brother, sister and two nephews to make the same claims.

She found a job at a Vancouver advertising agency and expects her permanent residency in about one year.

Eilia is grateful, but feels stigmatized by the refugee classification.

“I’m not second-class. I’m very well-educated. I can speak three languages. I travelled all over the world,” she said firmly.

“These people, me, we don’t have any choice. We don’t have any option. I want people here in Canada and all over the world to just put themselves, for a minute, in our shoes.”

Eilia’s voice softened as she lifted up a multicoloured tablecloth — her only physical connection to her parents, who still live along the Syria-Turkey border.

It’s a handmade, traditional piece that her mother bought in Damascus.

“It’s the only thing that I have, right now, from back home.”

Eilia said she’s angry about the humanitarian crisis because countries with power to act remain silent about what caused it — the war.

“I’m not political, but I understand that there’s a war and someone has to do something about it,” she said. “They stopped so many other wars before. Why can’t they stop this one?”

THE CANADIAN PRESS

VICTORIA

Mayor’s bicycle stripped

Matt Kieltyka
Metro | Vancouver

Bicycle theft is an all-too-common problem in British Columbia’s urban centres, which Victoria Mayor Lisa Helps learned the hard way late last week.

According to a post on Helps’ Facebook page, she left a late-night council meeting on Thursday and discovered half of her bicycle was gone.

“It’s 11:30 p.m. I came outside after being in a council meeting all evening and this is how I found my bike locked up right outside City Hall,” she wrote, with the accompanying photo attached to the post showing only her bike frame, fenders, rack and helmet remained. “Both wheels gone (and they’re not quick release) and seat gone. Needless to say I’m feeling a bit sad.”

As aggravating as the incident was, Helps still managed to find a silver lining.

“Upside — walkable city so I can get home easily by foot,” she wrote. “But to people who steal bikes or parts thereof: don’t!”

What’s left of Victoria Mayor Lisa Helps’s bike. FACEBOOK

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IN BRIEF

Mounties investigate shots fired at Surrey motorist

Surrey RCMP is investigating a shooting in the city Saturday.

Mounties were called to a shots-fired incident in the 6800 block of 128 Street at around 6:35 p.m. and found evidence of gunfire but no signs of suspects or any intended victims.

It wasn't until later that a man called police and reported that he was driving down 128 Street when another vehicle pulled up to his and fired several shots.

The man was not injured, and police say the shooting is not a random act.

Although there's been a string of similar incidents in the city this year, police say they have been unable to link this shooting to others, in part because the occupants in the victim's vehicle have offered "very little information" to investigators.

MATT KIELTYKA/METRO

Widening of Stanley Park Causeway bike lane begins

B.C.'s Ministry of Transportation started construction on widening the path for pedestrians and cyclists on the Stanley Park Causeway on Sunday.

The $7-million project to improve safety on the narrow road that connects downtown Vancouver to the Lions Gate Bridge came about after a 61-year-old woman was killed while cycling in 2013. She was struck by a bus after falling onto the street in order to avoid a pedestrian.

The province and the park board consulted with the public last winter.

The construction will last for the remainder of 2015.

Drivers should not expect changes during the daytime, but there will be overnight lane closures.

EMILY JACKSON/METRO

City schools not turning the tap off on bottled water sales

EDUCATION

Report raises concerns over kids losing a healthy choice

Emily Jackson
Metro | Vancouver

Vancouver school board staff do not recommend phasing out water bottle sales, according to a report to be discussed at the Vancouver Board of Education this week.

The report is in response to an April motion by Green Party trustee Janet Fraser that asked the board to phase out bottle water sales and instead focus on creating water refilling stations and the sale of reusable containers.

High school cafeterias sell an estimated 33,500 plastic bottles of water annually, according to the report by the manager of energy and sustainability. That doesn't include how many are sold through vending machines — these are managed independently at the school level — or at parent advisory committee and sporting events.

But getting rid of bottled water could be extremely complicated and have some unintended consequences, such as students choosing unhealthier options if water is not available, according to the report.

Aside from renegotiating food service contracts, concerns were anticipated around inconvenience, vending machine revenue or unappealing water fountains.

Instead, the report recommends encouraging tap water use. It suggests installing water bottle filling stations at the two schools that do not yet have one, selling refillable bottles at schools and promoting the high quality and sustainability of tap water.

The report also recommends tracking how many water bottles are sold after these actions are taken to see if the efforts are making a difference.

WEATHER ENJOYING IT WHILE IT LASTS A kite-surfer skips along English Bay just off the shores of Spanish Banks Beach Park in Vancouver on Sunday. The sunny weather has come to an end, with Environment Canada forecasting cloudy skies and a chance of rain rest of the week. SEAN KILPATRICK/THE CANADIAN PRESS

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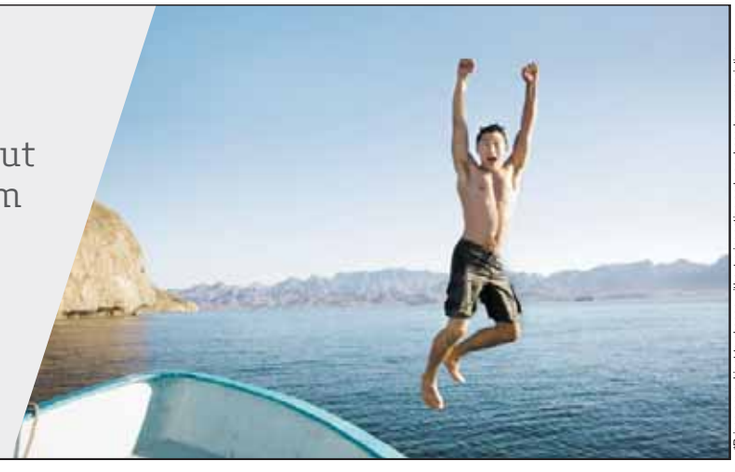

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COLLISION

Train-ambulance crash kills woman

A woman has died following a collision between a B.C. ambulance and a train in Langley on Friday.

Langley RCMP spokeswoman Cpl. Holly Largy said police received a report about a collision at the intersection of 216 Street and Glover Road at 11:22 a.m.

She said two air ambulances were dispatched to transport victims to hospital.

The patient who was being transported died shortly after arriving at the hospital. The attendant in the rear of the ambulance was taken to hospital in stable condition, said Largy.

The ambulance driver has back pain but is otherwise uninjured.

No one on the train was injured, she said.

Police closed roads in all directions at the scene. Due to the length of the train, which was travelling northbound at the time of the collision, police were forced to also close Langley Bypass at Glover Road. THANDI FLETCHER/METRO

IN BRIEF

No fuel leak from sunken tugboat: DFO

A spokesman for Fisheries and Oceans Canada says there's no evidence of a fuel leak after a tugboat capsized in Vancouver's harbour on Friday evening.

Dan Bate says a fast-response coast guard boat arrived on scene about 11 minutes after the tugboat Ocean Gordon called for help around 6 p.m.

The 15-metre vessel was towing a gravel barge near the Centerm Terminal, east of Crab Park in Burrard Inlet, when it sank.

Bate says neither the coast guard nor vessels from Port Metro Vancouver have spotted any recoverable pollution at the site.

Plans are underway to lift and remove the boat from the sea floor; Western Canada Marine Response Corporation is on standby for a possible fuel leak.

Two people abandoned the sinking tugboat and were quickly recovered without injury by a nearby vessel. THE CANADIAN PRESS

Bear attack survivors hold fundraiser for rescuers

A pair of British Columbia hunters recovering from a grizzly bear attack are taking extra steps to make sure their rescuers know just how thankful they are.

Chris Eyre and Robbie Austin have set up an online fundraiser to thank the conservation officers, paramedics and search-and-rescue crew responsible for saving their lives.

The two were hunting for sheep last Sunday in the Buckinghorse River area north of Fort St. John when they stumbled across a mother bear and her two cubs.

They say the grizzly first attacked Eyre before going after Austin.

Eyre used his GPS and called for help, but the pair had to spend the night in the woods before being rescued.

The two men are recuperating in a Vancouver hospital. THE CANADIAN PRESS

Community silence helps gangs: Mayor

ABBOTSFORD

Escalating drug turf war puts innocents in crossfire

Thandi Fletcher
Metro | Vancouver

The mayor of Abbotsford is calling for stronger federal action to help combat a gang war in the Metro Vancouver region that he says is growing out of control.

Mayor Henry Braun's comments come a week after Ping Shun Ao, a 74-year-old grandfather, was shot and killed outside his home in Townline Hill, a quiet residential neighbourhood on the north western edge of the Fraser Valley city.

Investigators believe a neighbouring home was the intended target and that a stray bullet struck Ao, who was outside his home taking out the garbage at the time.

"When innocent bystanders are killed, I don't know how much more serious it can get," Braun told Metro in an interview on Friday. "This can't continue and it won't continue… These men are going to be brought to justice."

Braun, along with Abbotsford Police Chief Const. Bob Rich, discussed the region's escalating gang violence at a community safety forum at the Abbotsford Arts Centre on Thursday night. About 300 people attended the event, during which the mayor called on the community to help stop the growing turf war.

On the evening that Ao was killed, Braun said police only received one emergency call reporting gunfire.

"That in and of itself is a concern," he said. "This is a fully built up residential area. This happened at 7:15 p.m. on a summer night. There had to be many, many more people that heard gunshots and yet only one person called in."

Braun said the city and Abbotsford police are working to determine why many members of the community are no longer co-operating with investigators.

"We're trying to determine, is it because people are afraid to call the police because of fear of reprisals, or are there language barriers?" he asked. "People need to help us. They have information we need. If the public just clams up, it makes it doubly hard to figure out who this is."

Part of the problem behind the gang war, said Braun, is a weak criminal justice system that he said is allowing criminals to "fall through the cracks."

He described the violence in his region as the result of a growing turf war between two rival gangs that are fighting for control of drug lines in Abbotsford and Surrey.

Gang members are as young as 14 and that they have "absolutely zero respect for any authority," said Braun.

"Right now it's low-level crime and it's over nonsensical things like somebody looked at his girlfriend the wrong way," he said. "But if these kids stay in that long enough, they're going to graduate into the lower reaches of gangs and eventually you have gang leaders and it gets worse."

Braun called on the federal government to impose stiffer penalties to help curb gang violence in his city before it continues to grow out of control.

"Local government doesn't make the laws," he said. "We have to get tougher on crime. I know a lot of politicians don't like to talk about that but we're in an election, and I think everybody should be asking the candidates that are running, what are you going to do?"

Surveillance cameras monitor the road in front of a home belonging to known gangster James Bacon in Abbotsford, B.C., in April 2009. DARRYL DYCK/THE CANADIAN PRESS

> **If the public just clams up, it makes it doubly hard to figure out who (a criminal) is.**
> Abbotsford Mayor Henry Braun

300

The estimated attendance at a community safety forum at the Abbotsford Arts Centre last Thursday night.

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Refugees dominate election

ELECTION 2015

Tories dealing with another trial involving top Harper aide

Party leaders are attempting to shift the public's focus to domestic issues including taxation and health care, as another week of campaigning in the federal election begins.

But questions surrounding Canada's role in alleviating the refugee crisis in the Middle East continue to dominate headlines.

And the trial this week of a former top aide to Conservative Leader Stephen Harper accused of influence-peddling could also cast a pall over the campaign.

But the Tories will be doing everything they can to cast light on their fiscal record while in office as the Finance Department unveils year-end figures for fiscal 2014-15, which could show that the government was on track to balance the budget.

NDP Leader Tom Mulcair speaks during a campaign stop at Spanish Banks Beach Park in Vancouver, on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

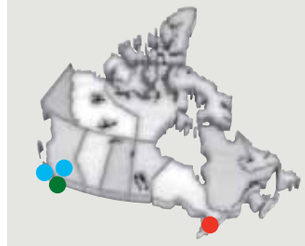
Last month, the department reported a $5-billion surplus for the April-June quarter, though Harper's opponents said that data was not up to date.

Harper repeated his party's pledge to lower small business tax rates during a campaign stop in Ottawa's west end Sunday, where he attacked the Liberals and New Democrats over their proposed tax plans.

While campaigning in Vancouver, where his party hopes to make gains on Oct. 19, the NDP's Tom Mulcair announced that a government under his leadership would spend $1.8 billion over four years bolstering health care for seniors.

The NDP is hoping to frame week seven of the 11-week campaign around health ahead of the next leader's debate on Thursday in Calgary.

WHERE THE LEADERS ARE TODAY



- **Stephen Harper** will be in Kamloops and Burnaby, B.C.
- **Justin Trudeau** will be in Toronto.
- **Elizabeth May** will be in North Saanich, B.C.

Tom Mulcair's itinerary was unavailable.

But it was Mulcair's promise to help Syrian refugees that had some of his party's supporters calling for even greater action.

Many New Democrats are urging their party to increase its election commitment to resettle 46,000 people over four years to as high as 100,000.

An emotional debate over how best to help some of the four million refugees who have fled fighting in Syria was fuelled earlier this month by the images of a dead three-year-old boy from Syria washing up on a Turkish beach.

In the meantime, former Harper senior adviser Bruce Carson goes on trial Monday in an Ottawa court on one charge of influence-peddling, related to his work with a company that was trying to sell water-filtration systems to First Nation reserves.

The Carson case follows on the heels of the trial of Sen. Mike Duffy, which forced the Tories off of their message at the beginning of the campaign in August.

Carson has pleaded not guilty to the influence-peddling charge, as well as other accusations of illegal lobbying. THE CANADIAN PRESS

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IN BRIEF

Scots might vote again on independence: SNP

The Scottish National Party (SNP) will set out the timescale for another possible referendum on independence in its upcoming manifesto.

First Minister Nicola Sturgeon says the manifesto will include more details about how another vote may be "appropriate."

She stressed it was up to Scots to decide to have another vote, and she will only hold one if she thinks it would be successful.

THE ASSOCIATED PRESS

Heist foiled by doctor

A Chinese woman has confessed to the theft of a diamond worth $278,000 US after it was removed from her large intestine.

The woman, along with a man who was travelling with her, was arrested Thursday after surveillance video from a fair showed the pair allegedly switching the diamond for a fake stone.

She agreed to remove the stone after being told it could harm her.

THE ASSOCIATED PRESS

Boat capsizes, at least 28 die

EUROPE

Hungary sets new record for asylum seekers crossing border

At least 28 people seeking a better life in Europe drowned Sunday as they attempted a wind-swept sea crossing from Turkey to Greece, while a record number of asylum seekers reached Hungary's border with Serbia just two days before the government vows to make it more difficult to cross.

Greece's coast guard said the 28, including four infants and 10 older children, died when their wooden boat containing more than 125 people capsized near Farmakonissi. The island lies midway between Samos and Kos, two of the favoured targets for smugglers sending thousands of people daily to the Greek islands.

Officials said 68 others were rescued while 30 more swam to the barely populated island. Coast guard officials said the boat may have been toppled in part because of wind gusts exceeding 50 kph (30 mph).

Sunday's tragedy came just a day after two other boats capsized and at least five people — four children and a 20-year-old man — were presumed drowned. The coast guard said they are still searching for those bodies.

In Hungary, army engineers crowned the top of the planned 174-kilometre (109-mile) border fence with razor wire as the government warned, from Tuesday onward, any asylum seekers caught breaking through the barrier would be arrested and charged.

Police said 4,330 were spotted crossing in the previous 24 hours, more than 700 higher than the previous one-day record, as trekkers strove to reach Hungary before the tougher security measures take effect.

175K

This year, more than 175,000 people have passed into Hungary from Serbia, headed to Western Europe.

This year, more than 175,000 have passed through Hungary from Serbia en route to Western Europe, and the government of Prime Minister Viktor Orban says it's determined to make Hungary a more difficult challenge, with deployments of troops and potential prison terms part of the deterrent.

Hungary's lawmakers have not voted yet on whether to back government plans to deploy more than 3,000 troops in support of border police, but dozens of soldiers already were patrolling the fence Sunday.

THE ASSOCIATED PRESS

Sohrab Naveed, 1, whose family comes from Kabul, Afghanistan, is held by his mother while waiting with others to board a bus after crossing the Serbian-Hungarian border on Sunday.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

NEW DELHI

Man sought after deadly blast

Police in central India were looking Sunday for a man blamed for a massive explosion at a restaurant that killed 90 people, as angry residents protested the handling of the case.

A cooking gas cylinder exploded at the restaurant Saturday morning, triggering a second blast of mine detonators stored next to the establishment, located in the town of Petlawad in Madhya Pradesh state.

The state's top elected official, Chief Minister Shivraj Singh Chouhan, faced about 50 angry protesters when he visited the site. The protesters, shouting slogans and waving black flags, forced Chouhan to step out of his car and listen to their complaints against local authorities.

Police officer Kamlesh Bamaniya said the protesters were angry Petlawad police had failed to arrest Rajendra Kashawa, a contractor who was accused of illegally storing the detonators.

Bamaniya said Saturday that Kashawa had died in the explosions. But on Sunday, he said police had information he was absconding. Police have filed a case of criminal negligence against Kashawa and are looking for him, Bamaniya said.

Kashawa had been given a license to purchase detonators for his business of digging wells, but had stored the detonators illegally in a room adjacent to the restaurant, Bamaniya said.

The restaurant, next to a major bus station, was crowded.

The building where the restaurant was located and an adjacent one were destroyed in the explosion. THE ASSOCIATED PRESS

At least 12 dead after Egyptian forces mistakenly open fire

At least 12 people were killed and 10 injured in Egypt's southwestern desert Sunday when armed forces mistakenly fired on a group of Mexican tourists, Egyptian officials said.

The Mexican Foreign Ministry confirmed the incident and said at least two of the dead were Mexican nationals.

It said in a statement that the victims were still being identified, and Foreign Ministry personnel were working with the families.

The Egyptian ministry said that police and armed forces were pursuing terrorist elements in the area and fired on four cars that were carrying tourists.

The ministry said the victims were Mexican and Egyptian.

Jorge Alvarez Fuentes, Mexico's ambassador to Egypt, and consular representatives were at the Hospital Dar-el-Fouad in suburban Cairo.

Alvarez had interviewed five survivors, according to the Foreign Ministry statement. It did not provide details of what the survivors said.

Foreign Minister Claudia Ruiz Massieu was in contact with Egypt's ambassador to Mexico and demanded a thorough investigation, and an explanation into what happened, the statement said.

She also demanded the support of Egyptian authorities for Mexican nationals being transported to Cairo.

THE ASSOCIATED PRESS

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NFL makes big data play

TECHNOLOGY

Tracking chips will provide coaches with real-time info

It won't just be bodies crunching on the NFL gridiron this season: teams and coaches will be getting data from every player with new technology unveiled on Friday.

Zebra Technologies, an Illinois firm known for barcode readers and inventory tracking, announced an agreement to install location-tracking sensors in the shoulder pads of NFL players. The tracking chips will provide data to coaches and players, as well as to armchair quarterbacks, to help analyze performance and what is going right and wrong on the field.

"These location-tracking devices from Zebra Technologies will provide real-time statistics for every movement of every player on every inch of the field in every NFL game this season," the company said in a statement.

Sensors in the shoulder pads of players will transmit details to team officials and armchair quarterbacks alike, to help analyze what is going right and wrong. TIMOTHY A. CLARY/AFP

The systems rely on RFID or radio frequency identification technology, similar to what is used by manufacturers and retailers to track the location of merchandise and manage inventory.

Zebra installed RFID receivers in all 31 stadiums used by the NFL.

These receivers are pinged by coin-sized tracking sensors on each player to identify the location, motion, and direction of every player throughout a game.

"These sensor tags can blink up to 85 times per second and transmit motion within 120 milliseconds," the statement said.

"If a quarterback is being tightly pressured, the solution will tell the story of exactly when and where."

> **If a quarterback is being tightly pressured, the solution will tell the story of exactly when and where.**
> Zebra Technologies

Zebra, which tested the system last season in 18 stadiums, said the technology "is giving the NFL more of this intelligence and insight into their game than ever before, including player distance travelled, maximum and average speeds, and accelerations and decelerations."

Fans watching on television will also have access to the data with live broadcast graphics.

The season for the most popular U.S. sport opened Thursday with a 28-21 win by the Super Bowl champion New England Patriots over the Pittsburgh Steelers.

AFP

EURO CURRENCY

No new terms for Greece

The head of the euro currency group of countries has ruled out any renegotiation of the massive loan program meant to save Greece's economy, a week ahead of general elections there.

Greeks go to the polls on Sept. 20 with former prime minister Alexis Tsipras seeking a stronger mandate to implement unpopular reforms needed to secure the 86 billion euros ($97 billion US) rescue program.

Eurogroup chief Jeroen Dijsselbloem said Saturday that renegotiation is "not possible" regardless of who wins "so work must continue" on reforms required to secure the loans.

Speaking after chairing a meeting of the 19-nation currency bloc, he said that finance ministers had not discussed any debt relief for Greece.

The International Monetary Fund insists on Greek debt relief before taking part in any new bailout.

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Metro MONDAY POLL

The Queen of controversies

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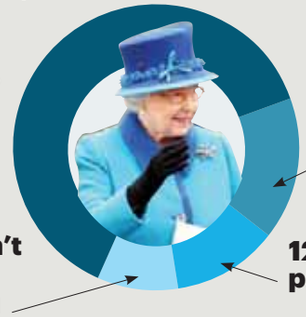
Send her victorious / Happy and glorious / Long to reign over us ... or not. Queen Elizabeth is now Britain's longest-ruling monarch, and Canada's too; breaking Queen Victoria's record of 63 years, seven months and two days on the throne. But while some Canadians can't wait for their favourite young royal couple to occupy Buckingham Palace, others would prefer to ditch the monarchy in favour of a U.S.-style republic — though making that happen would require the consent of all the provinces and could reopen the thorny constitutional debate. We asked our readers if they think the Crown is a royal pain, or if they're happy to see the Queen and her family reign.

1 Do you want Canada to remain a constitutional monarchy?



2 What do you think will be the future of the Crown in Canada?

3 If you want to keep the monarchy, why?

28% It's a tradition
19% Getting rid of it would be a mess
16% It differentiates us from the U.S.
16% There's a good political reason
12% I <3 the Royal Family
9% Other

"Monarchy has no place in modern society."

"Replacing the Queen would politicize the head of state."

"Once the Queen dies, we should become a republic."

METRO READERS

Let's fight for refugees as election pressure's on

CITY HOLLER
Trish Kelly

Last Tuesday night, I barely made it into Mayor Gregor Robertson's forum on how Vancouverites can help with the Syrian refugee crisis. At the door to city hall, I was greeted by a security guard who told me and the other half-dozen people who'd arrived a few minutes before the 7 p.m. start time that they were out of room.

I stood outside for a few moments, bonding with the other denied attendees. I was about to leave when the guard came back to say they'd found room for five people. The town hall room was standing-room only, and we were directed to the third floor, where TVs linked about another hundred people in folding chairs to the forum downstairs.

The mayor couldn't hear us, but that didn't stop the third-floor audience from cheering loudly when Mayor Robertson said he plans to present a motion at Tuesday's council meeting calling on the federal government to increase the number of Syrian refugees we welcome, to 20,000 annually by 2020.

It felt good to be in that room, seeing so many passionate people hungry to know what they can do. Three ways to act were offered by forum speakers: Give money to organizations working with refugees in and around Syria, support local organizations here in Vancouver working with refugees by volunteering or donating and financially supporting organizations that have been sponsoring refugees for years.

The concept of Vancouver residents personally sponsoring a refugee was discouraged, because it is very difficult and can take years from start to finish.

As individuals, we can do only so much. As Eyob Naizghi, executive director of MOSAIC, a non-profit that helps newcomers settle in Vancouver, said, what we really need is the political will to make a difference.

The outrage of individual Canadians can push the federal government to act. On Saturday, the Harper government announced a $100-million matching fund for donations made by Canadians, not here at home, but in support of work in Syria and the surrounding region. Will it be enough to satisfy us? I hope not. For years, Harper has been making it harder for refugees to get to Canada, and cutting essential supports for the ones who make it through.

I love hearing the worry in Harper's voice. It's the first time in his tenure that I think he might recognize he can't ignore the fact most Canadians don't share his views.

The Harper government announced a $100-million matching fund for donations made by Canadians in support of work in Syria. Will it satisfy us? I hope not.

So let's keep up the pressure, and get some action now for refugees before election day, while our influence is greatest. Let's get commitments to settle more Syrian refugees in Canada now. Let's have the political will to do our part.

Trish Kelly lives and votes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD

metroview

The taboo against saying you were raped is dwindling

Early this year, a friend worried rape would — post-Jian Ghomeshi — disappear from the news, and be forgotten.

I disagree. It may not make headlines every day, but we've crossed a threshold into a world where a young woman like Aspen Matis not only feels bold enough to write a memoir revealing her own rape on the second day of college, but a world where we're keen to listen. Whatever taboo exists around saying you were raped is dwindling, and it should taper further with this book.

"I found it really cathartic and empowering to be able to take something so terrible that happened in my life, and turn it into art, and process it, and turn it into something beautiful — hopefully beautiful — that could be of use in the world," Matis told me.

Now 25, she was 19 when she was assaulted in her own dorm room by a fellow student. Nineteen, too, when she began hiking the 4,286-kilometre Pacific Crest Trail, a sojourn she recounts in her book, Girl in the Woods, which is being released tomorrow.

Part adventure memoir, part rape memoir — the latter having all but become its own genre, as more women decide to recount the breadth and scope of a single rape.

There are snow and mountains, food dwindling to a few cashews, life-or-death moments. There is the spectre of the rape. But looming over both is a woman's desperate search for her independence.

Matis grew up dependent on her mother. The rape, she told me, felt like a confirmation that she really was incapable for caring for herself. Then, her parents didn't want to talk about it. Her campus' response was woefully inadequate. The rape became a secret that weighed like a cramp, a "dark pearl in your gut." She first published an essay about the rape in the New York Times in 2012, and it helped shrink her guilt. The book has gone further.

"The shame is not on me, that's misplaced shame," she said. "Shame on him."

Written in full exposure of her own weaknesses, with stream-of-consciousness narration, the book explores the struggle for self-love that we all go through, but that becomes, for a rape victim, essential.

"The rape was not the end of my life, it was the beginning of something bigger. That was a really exciting discovery," she told me.

Matis said she hopes the book helps other rape survivors find their voices, in whatever way they can, and add to this new culture of transparency around sexual assault.

"You are never the only one," Matis said. Proof the frank talk of rape is here it stay.

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Designer Jason Wu says if there's one woman he could dress, it would be Cate Blanchett

Are we ready to be Martians?

SCIENCE FACT

NASA's adviser for The Martian on reaching the Red Planet

Ned Ehrbar
Metro | TIFF

We are still long away from getting marooned on Mars, like Matt Damon does in The Martian. CONTRIBUTED

The Martian offers a tantalizing — if harrowing — glimpse into what the future of space exploration holds, but how close are we really to commencing manned missions to the red planet?

NASA's planetary science division director Jim Green, who served as a technical adviser on the film, lays out what it will really take for us to get our asses to Mars.

Getting to Mars:

"What you probably aren't really aware of is we're developing a whole series of technologies, not only from the technology organization at NASA but the Science Organization and Human Exploration Organization. They each have various aspects of the journey to Mars, to be able to meet at the end and make something happen in the 2030s and 2040s," Green says.

"For instance, Human Exploration is building the SLS, the space launch system, which is even more capable than the Saturn 5. That will get, with the Orion capsule, the astronauts to Mars. In addition to that, from a scientific perspective, we have a whole variety of missions to Mars, and we're going to continue to do that over the next couple of decades. With those missions, we look at various areas that would support habitats and what we would do in living and working on Mars. And so we're really moving ahead in finding out everything we can about Mars that would support human exploration in addition to understanding Mars as a terrestrial planet.

"And then in the technology area they're building the ion engines. They're building these 25-kilowatt ion engines that will haul tens of tons of material back and forth to Mars. And a lot of that technology is being built right now but you're just not aware of it. But that's where we're going. We're going to Mars. We're at the stage where Mars actually is our next step."

But these things take time:

"History repeats itself in many ways, and there was a hiatus between the time we stood down on the Saturn 5s and actually when we got the shuttle going," Green explains.

> **We're going to Mars. We're at the stage where Mars is actually our next step.**
> NASA planetary science division director Jim Green

"And it's because NASA has a certain budget and it has a certain phasing that has to go on, and you have to be able to retire something to be able to free up the additional money to be able to invest in and build and complete the next set of things that you're doing, and that's true with SLS."

But we still love the moon, don't worry:

"The moon, as an important part of our solar system and our Earth, is really a staging ground. It's an area where we're going to approve a variety of technologies before we go to Mars," Green says.

"It will probably be an area where we're going to go back and forth to Mars and we'll have a small weigh station, if you will, at the moon. So the moon will still play a very important part of our steps. So it's not like we're going to ignore it."

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5 MOVIES YOU WON'T BELIEVE ARE GETTING MADE

Just when you thought Hollywood reached its creative low point after making movies based on every video game, cartoon, toy and '80s TV show ever created (not to mention all those reboots), it turns out that blockbuster ideas can be even less inspired. Some mind-bogglingly ridiculous movies based on random pop-culture artifacts have been put into development. Here are five. **BRIAN GASPAREK/FOR METRO**

1 The Pez Movie

It was announced last week that an animated movie based on the chalky, fruit-flavoured, tablet candy Pez and its plastic dispensers is currently being developed by Envision Media Arts. Although we don't know exactly what the plot will entail, the studio promises the film will be a heart-warming story for the entire family. Right. Maybe we'll get a touching Gobstopper or Chuppa Chupp movie next.

2 The Emoji Movie

Last month it was announced that Sony outbid Warner Bros. and Paramount to develop an Emoji movie. Yep, Sony is making a film about the collection of smiley faces that we download and use on our smartphones. Apparently it's the brainchild of the guy who directed Kung Fu Panda: Series of the Masters. If it will be anything like it sounds, the Smiling Poop Emoji should have a starring role.

3 Tetris

Although we've seen video games like Resident Evil and Tomb Raider easily flipped into movies due to the fact that they contain both characters and a plot, you've go to wonder what the heck Threshold Entertainment is thinking with their upcoming Tetris movie. Despite the fact that Tetris is an archaic Russian video game based on rearranging blocks, the studio promises their big screen adaptation will be an "epic sci-fi adventure." Sure thing.

4 Monopoly

Believe it or not, a Monopoly movie has been passed around between several studios over the years. At one point Ridley Scott was actually attached to direct it. Now Lionsgate is developing the Monopoly flick and they say it will be a family story about a boy from Baltic Avenue that "uses both Chance and Community in a quest to make his fortune, taking him on an adventure-filled journey." We're not kidding. Will Rich Uncle Pennybags be the villain?

5 Settlers of Catan

Board game inspired movies like Battleship and Clue may have ended up being stinky cinematic duds, but that couldn't possibly happen to a film based on a game that's as exhilarating as Settlers of Catan, right? Hmm. Earlier this year, Air Force One producer Gail Katz bought the rights to bring Catan to the big screen in the near future. She might want to get her writers to keep it very, very loosely based on the game ... unless her objective is to put people to sleep.

TIFF

Ben Foster took drugs for Armstrong film

Ben Foster was serious about getting into character to portray controversial cyclist Lance Armstrong in The Program.

So serious, that he decided to take performance enhancing drugs, just as Armstrong infamously did. "The more that I researched, the more that I explored in this subject, the more I wanted to know. It's such a complex story, it's such a complex world," Foster said during an interview at The Toronto International Film Festival, where The Program had its premiere.

"Doping is not the reason why Lance Armstrong won but it did shape a culture at the time, and it certainly shaped him, and I wanted to understand — on a personal level, on a cellular level — what that experience is like."

Armstrong — once an American sporting hero, now a divisive figure — has been banned from cycling for life and had his seven Tour de France titles stripped after telling Oprah Winfrey in a 2013 interview that he used performance-enhancing drugs.

For Foster, playing Armstrong involved undergoing a "condensed" drug program under the supervision of his nutritionist and a wellness doctor.

"I took a calculated risk, with a doctor supervising, and what I came away with is that drugs work — they work," he said.

"You can just keep going. Coming off those drugs is the difficult part. That's where your health concerns will come in."

Foster was taking the drugs during the filming of the movie — he didn't specify what substances he used — but his fellow actors and his director didn't know about it at the time.

THE CANADIAN PRESS

Ben Foster portrays Lance Armstrong in The Program.
THE CANADIAN PRESS

Jake Gyllenhaal. ELIZABETH BEDDALL/METRO

Gyllenhaal not a little chicken

CHILDHOOD

Actor penned letter to KFC asking for dish to be revived

Ned Ehrbar
Metro | Hollywood

What do Jake Gyllenhaal and the late 60 Minutes grump Andy Rooney have in common? A knack for complaining, apparently. At least when it comes to KFC.

While promoting his Toronto International Film Festival premiere of Demolition, Gyllenhaal copped to a youthful turn at letter-writing when the fast food chicken chain discontinued his favourite menu item.

"When I was a little child, I was at school and we were supposed to learn how to write letters and complaint letters. And so I decided to write to Kentucky Fried Chicken and tell them that I was upset that they had discontinued Chicken Littles, which were a particular type of mini hamburger with fried chicken in the middle of it," Gyllenhaal admits. "It was deeply upsetting to me at the time and I felt like they should bring them back."

KFC did in fact bring them back, but not until 2012. Still, a delayed victory is a victory.

"I think I indirectly had something to do with that," he jokes. "It's empowering and I encourage most people, if they can, to really express themselves and bring back whatever they feel like has been taken away from them in their lives. In my case, really important things like fried chicken. Seriously."

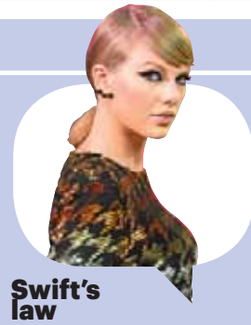
GOSSIP BRIEFS

Sweet couple

Avengers stable-mates Tom Hiddleston and Elizabeth Olsen may not have confirmed those pesky dating rumours that have been dogging them for the better part of this year, but they sure looked cozy and couple-like while celebrating the Toronto Film Festival premiere of their new film, I Saw the Light.

Not just cozy but super-adorable. Hiddleston and Olsen walked the red carpet together, posing for photos with Hiddleston wrapping an arm around Olsen's waist. And after the premiere of the Hank Williams biopic, the pair looked extra-cute goofing off with a movie-themed cake.

Swift's law



Taylor Swift has made no secret of her love for long-running NBC staple Law & Order: SVU, even going so far as naming one of her cats, Olivia Benson, after Mariska Hargitay's character.

So if she loves the show so much, why doesn't she just marry it? Or at least do a cameo on it? I mean, literally anyone can get on at least one episode.

Well, as it turns out, Swift is working on doing just that, at least according to Hargitay.

"We just talked about it," the actress says of getting Swift onto the show. "We're going to wait until the end of the tour to see how it goes. But it's in the air." NED EHRBAR/METRO HOLLYWOOD

DIVORCE

Moder moves out

I generally don't like to hear bad news about Julia Roberts, despite her frosty relationship with the press. So these reports about moving trucks appearing outside her Malibu home while she's across the country for New York Fashion Week are truly troubling.

According to Radar Online, the presence of the vehicles confirms reports of strife between Roberts and husband Danny Moder, which is just not cool.

"The marriage is on the rocks," a source previously told Radar. "There are a lot of issues with money. Julia said she doled out millions of dollars in mortgage payments for (Moder's father). She helped him out for at least five years, and she got tired of footing the bill. It became a bone of contention between her and Danny."

Enough of a bone that he'd sneakily move his stuff out? Apparently, though I hope not. NED EHRBAR/METRO HOLLYWOOD

Julia Roberts GETTY IMAGES

HOLOGRAM

Whitney's second coming

Despite the fact that no one really talks about that Tupac Shakur hologram that played Coachella a few years back as anything more than a curiosity, at least one company is still pushing the hologram "live" entertainment business. And the latest piece of sacrilege allegedly in the offing? None other than Whitney Houston.

"I was heartbroken when Whitney passed away in 2012," Hologram USA boss Alki David says, according to Rolling Stone. "The opportunity to share her spectacular gifts with the world again is exactly what I hoped for when I built the hologram business. I'm confident we'll create the ultimate celebration of Whitney's amazing artistry."

Whitney Houston. GETTY IMAGES

That ultimate celebration is reportedly going to be ready to tour the U.S. in 2016, so be ready. NED EHRBAR/METRO HOLLYWOOD

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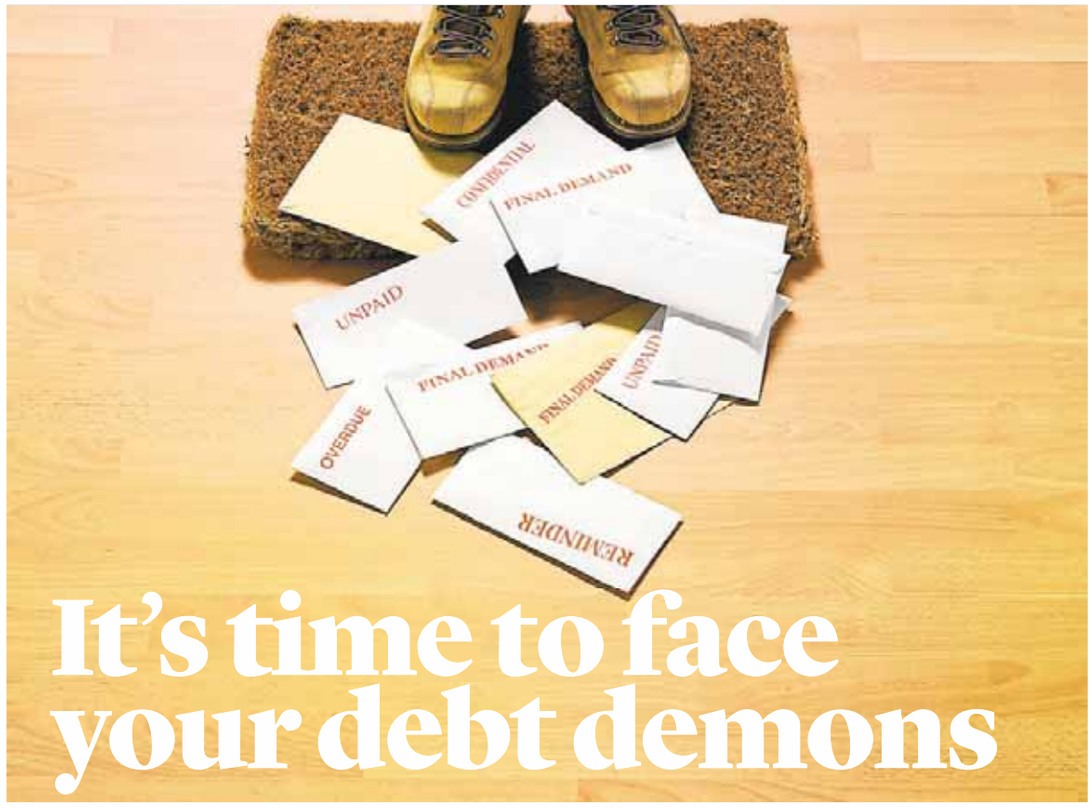
FINANCIAL FUTURE

Look at the hard facts, then put down a plan of action

Gail Vaz-Oxlade
For Metro Canada



It's time to face your debt demons

The biggest barrier people face in getting to debt-free forever is believing they can. After being in debt for a while, you might actually begin to believe debt is "normal." And if your friends and family think debt is a way of life, you're more likely to accept debt as part of your life. But it doesn't have to be. You can be debt-free. And you must, if you want to have a healthy financial future.

It's scary just how much debt we are carrying. With low interest rates and access to easy credit, Canadians now owe $1.63 for every $1 in income they earn. That's an average. I have no debt, so someone's carrying my share. And if you have no debt, someone is carrying your share too. It's the people with debt — and consumer debt like lines of credit and credit cards are the worst — that are up to their eyes in alligators. According to the Bank of Canada back in March, about 1.5 million Canadians are extremely indebted.

Getting into debt is easy. Lose a job or watch as your hours are cut back at work and out come those credit cards. Using credit just seems like a natural option. Watch your car die on the highway or your furnace give up the ghost in the middle of winter and the idea of putting whatever you need on a credit card and carrying a balance takes a back seat to handling the big problem.

Whining about our debt has become a national pastime. I get hundreds of letters every month from people who are deeply in debt and don't know what to do. Each ends with a plea for me to help them. It's almost as if people believe I have a magic wand that I can wave and make the debt go away.

There is no magic.

There's the reality of facing up to the mess. There's the hard work of making a plan and doing whatever it takes to make the plan work. And there's the habit of living within your means.

First, you're going to make a list of your debt. (For the purposes of this exercise we're leaving mortgages off the list.) Then you must figure out your minimum payments.

Next, figure out what your debt has been costing you (you're gonna puke, so have a bucket close by). Calculate what your repayments amount must be to actually get the hell out of debt. And, finally, snowball your payments to get to debt-free faster.

When you make your debt list, be sure to include the interest rate you're paying on that debt, the total amount you owe and the minimum payment you're required to make to keep your credit history healthy.

This list is going to help you prioritize where you'll make your payments.

The next step is to add up what you owe. Until you come face-to-face with how much you owe in total, you're not facing up to the mess you've made. If your stomach is churning, it means you're healthy… you know you've made a mess.

We're not done yet. There's work still to be done. Take a breath. We'll take the final steps next week.

For more money advice, visit Gail's website at gailvazoxlade.com

$ A NEW NORMAL

Focus on getting out of that hole

If you are so far in debt that indebtedness has come to feel like the norm, it's not. Debt means no control, no way to bounce back from whatever pile of poop is reaching up to grab your foot. The sooner you move past "managing your debt" and becoming debt-free, the healthier you will be.

PHD JOB SEARCH TIPS

Don't lock yourself in an Ivory Tower

Thinking about getting a Ph.D? Most experts will tell you it's a bad idea. The average doctoral student takes about eight years to complete her degree — if she finishes it at all. And even when they do, well, it's no guarantee they'll get a decent-paying job.

"Universities have stopped hiring tenure-track professors and have replaced them with adjuncts," says Karen Kelsky, author of the new book The Professor Is In: The Essential Guide to Turning Your Ph.D. Into a Job. Those adjuncts receive what she calls "Wal-Mart wages."

That's why Kelsky — a former tenured professor and department head who has taught at the University of Oregon and the University of Illinois at Urbana-Champaign — started her blog, The Professor Is In. "My graduate students were desperate and scared about this job market yet weren't getting the information they needed to deal with it." Since then, she's launched a consulting business, helping more than 4,000 clients get jobs.

We asked her for some of her tips.

PhD candidates may need to think outside the box when it comes to finding a job. ISTOCK

Don't get obsessed with your thesis

Graduate school isn't just about doing research: it's also about getting a job. "Students forget that and get obsessed with their research project — which makes sense! — but you have to remember that people go to graduate school because they imagine they're going to have a career at the end of it," says Kelsky.

That means: start surveying the job market from Day 1 of school. "Look at the job ads and ask: 'What kinds of jobs are available, what are employers looking for?'" Kelsky suggests.

Think of your thesis as a means to a job

Still, your dissertation is very important, and having the right topic is key. "It should be timely and about something your field considers important or relevant," says Kelsky.

Network

Sure, academics may not be known as social butterflies, but that doesn't give them an excuse to shut themselves in their Ivory Tower. They have to hustle. "Relationships are the core to hiring," says Kelsky. "While you're in school go to your field's major national conference and present a paper at it. Later organize a panel at it. That's how you network."

Keep your options open

Just because you're in graduate school doesn't mean you have to go into academia. After all, Ph.D. candidates have many skills that are valued in all different kinds of job markets — from public speaking to statistics to writing on deadline.

"I understand that it can be very painful and difficult to let go of the identity of professor or academic because a Ph.D. takes so many years," says Kelsky.

"But if you do it this whole world opens up to you and you see all the skills you have and all the directions you can go. So I encourage people to do that even while they're in grad school before it's forced on them by sort of a crisis situation."

RAQUEL LANERI/METRO

TECH

Smartwatches leave opening for hackers

People who wear smartwatches and connected fitness gadgets can open the door to hackers who could gain access to their data by spying on them as they type, U.S. researchers say.

In a study released this week, University of Illinois researchers said they could use the motion sensors of a smartwatch to determine what users are writing on a keyboard.

The researchers created an application to track the minute motion of keystrokes as a wearer types. The data was fed into a "keystroke detection" program to analyze the timing of each movement and displacement of the watch.

For example, the left wrist moves farther to type the letter T than the letter F. By analyzing these movements, the researchers could often determine the words being typed.

"Sensor data from wearable devices will clearly be a double-edged sword," said Romit Roy Choudhury, a professor of electrical and computer engineering at Illinois. "While the device's contact to the human body will offer invaluable insights into human health and context, it will also make way for deeper violation into human privacy."

The researchers said a camouflaged application installed on a smartwatch could enabled hackers to gather data typed into emails, search queries or confidential documents.

A Samsung watch was used for the project, but the researchers said that any wearable device that uses motion sensors, such as the Apple Watch or Fitbit, could be vulnerable as well.

AFP

From Rwanda to the NYC runway

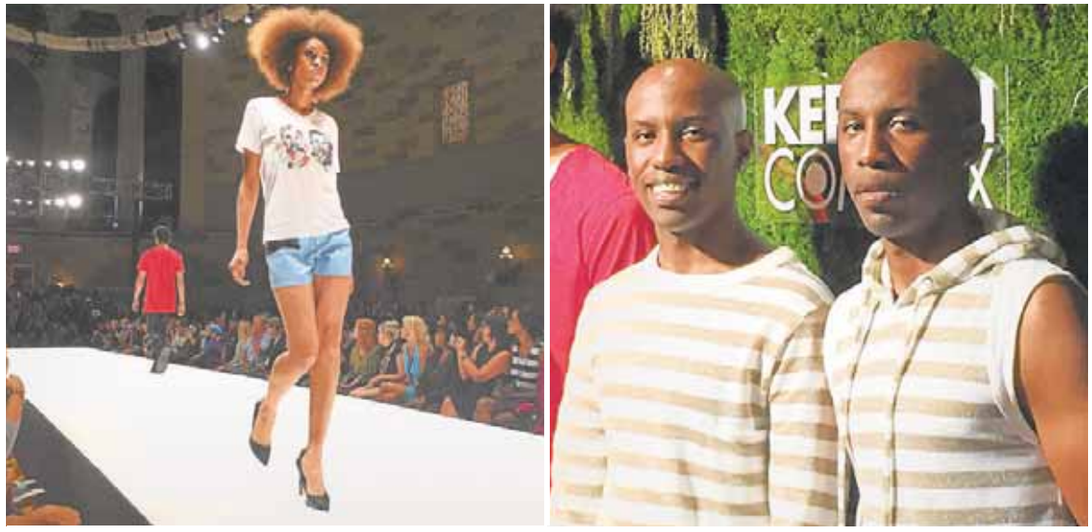
INSPIRATION

Vancouver-based genocide survivors debut collection at fashion week

Fashion designers Levi and Reuben Uwi, survivors of the 1994 genocide in Rwanda, said they looked to Africa for inspiration for their latest collection, which debuted Friday at New York Fashion Week.

The brothers, 27 and known as The Uwi Twins, unveiled I Left My Heart In Africa! at Gotham Hall and said they returned to the continent after 17 years to design their clean and simplistic ready-to-wear 2016 spring-summer collection.

"It was a huge contrast from the last time we were there. We were very fortunate enough to be in a position where we had a lot of opportunities ahead of us and so, when we were designing the collection, we definitely felt very blessed and very humbled," Levi said backstage after the presentation.



On left, the Uwi Twins' show on Friday was called I Left My Heart in Africa. On right, Levi, left, and Reuben Uwi say their brand is about inspiration for the underdog. PHOTOS: THE ASSOCIATED PRESS

The brothers relocated to Vancouver, after escaping Rwanda.

They kicked off the fashion show Friday with traditional African dancers working the runway and two drummers playing lively and loudly. Models confidently wore trendy designs that ranged from fitted black and white T-shirts to bright pink shorts to semi-loose blazers. The highlights: a soft pink blazer paired with pink shorts with large black lines on each side, and a black and white shirt with a splash on pink over the shoulders.

Some models wore shirts with the twins' faces as kids blended with the year 1987, when Levi and Reuben were born.

The Uwis know their story is remarkable, but as designers, they want people to look at their clothes first.

"Of course the story's great, but the clothing has to speak for itself," Reuben said. "So, if you love the clothes, please talk about that."

> **"Look at us — we've been down multiple times. You can get back up."**
> Reuben Uwi

Their overall goal is to give young artists opportunities to live out their dreams — like they have done.

"This brand is about inspiring the underdog and with this collection, yeah it is inspired by Africa, but it's also for anyone who feels like they're down," Reuben said.

"Look at us — we've been down multiple times. You can get back up."

"If anything, it should inspire and give you more ambition," Levi added.

The twins said they'd love celebrities to get on board with their brand, name-checking Rihanna, Beyonce and Drake as their top picks for collaborators.

"We're shooting high," Reuben said, laughing.

THE ASSOCIATED PRESS

VIRAL POSTS

Quitting your job to travel is work too

Eleni Deacon
For Metro Canada

At the end of a particularly stressful workday, you probably want to get far away from your fluorescent-lit cubicle, your not-so-fun coworkers, and whatever infuriating email landed in your inbox at 5 p.m.

Most employees escape to their homes or their local watering holes. Others go further: say, another continent.

Earlier this month, a story went viral about a South African couple who, six months ago, quit slick advertising jobs to travel the world. Chanel Cartell and Stevo Dirnberger currently have over 100,000 followers on Instagram, but they didn't get press for their ripped-from-a-magazine photography. They drew attention for toilet-scrubbing.

"I feel it necessary we share the uglier side of our trip," Cartell wrote on the couple's blog, claiming that she and Dirnberger have cleaned 135 toilets and spread 250 kilos of cow dung as part of on-the-road work exchanges to pay for their trip.

We shouldn't be surprised that Chanel Cartell and Stevo Dirnberger, who run the blog How Far From Home, had to scrub toilets to afford this journey. Daily sludge accompanies every job — no matter how glorious. INSTAGRAM/@HOWFARFROMHOME

Her post was covered by publications around the world, which circulated the story with headlines like The Couple Who Quit Their Ad Jobs to Travel the World Ended Up Poor and Scrubbing Toilets and Travelling the World Not Always What It's Cracked Up to Be.

Cartell and Dirnberger's experience tells us less about the messy consequences of long-term travel — after all, what's a little manure compared to a year-long vacation? — as it does about the complicated notion of doing what you love.

Scrapping work for a world tour is itself a road well-travelled — but it's also a privilege.

This adventuresome couple isn't scouring johns because they have no choice. Their janitorial forays are simply brief (if stinky) detours on a very lucky pursuit of their globe-spanning goals.

The clickbait headlines that accompanied this story, painting the couple as destitute vagabonds, suggest shock that pursuing your desires isn't pain — and poop — free.

> **'Do what you love, love what you do,' the adage says, playing down the mundane**

Although wanderlust is a definitively more fun ambition than white-collar ladder-climbing, even in the more traditional corporate realm, there's a similar sense that dream-chasing should be more about love and less about hard labour.

"Do what you love, love what you do," the adage says, playing down the mundane, taxing, and often chaotic daily sludge that accompanies every job — no matter how much you enjoy your career.

Thinking of a ditching your desk? What we can learn from Cartell and Dirnberger is not that trekking the world isn't what it's cracked up to be.

It's a reminder that, whether your final destination is a beachside villa or a corner office, there will be dung.

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"You gotta know when to go": Floyd Mayweather Jr. retires at a perfect 49-0 after beating Andre Berto

Subban shows off his confident style of hockey

CANUCKS

Fourth-round pick in 2013 never afraid to join the rush

Cam Tucker
Metro | Vancouver

In a two-goal hockey game, Jordan Subban could've taken the safest of options by throwing on the brakes and hanging back.

That might be the conventional wisdom for a defenceman to lean on in a game that, at least on the scoreboard, is still close enough for one sudden error to make for a more interesting finish than need be.

Instead, Subban weighed his options with his ability and decided to join his teammates to make an odd-man rush up the ice late in the third period of Sunday's Young Stars game between the Vancouver Canucks prospects and Winnipeg Jets prospects in Penticton.

"As long as I'm in a position to get back defensively, which I felt I was, then it's OK," said Subban following a 4-1 win for the Canucks prospects.

Where the Canucks were most improved from two days ago was in the transition game, moving the puck efficiently from their defencemen to their forwards.

The pairing of Ben Hutton and Subban, two offensively gifted blue-liners, led the way.

"I felt when I was coming up the ice, they (the Jets) were kind of backing off and giving me room to skate," said Subban.

"Obviously my first option is to move it up as fast as possible to my forwards but they were giving room to skate, so I took it."

Subban has often shown the offensive instincts.

It's why there is so much excitement surrounding him as a prospect, and why there was an angst among fans as the deadline loomed large for the Canucks to sign Subban or risk having him go back into last June's draft.

The Canucks did eventually get him signed.

There is an evolution taking place in Subban's game, and it's one all young defenders must go through. On more than one occasion, he's mentioned getting better in his defensive zone as imperative to advancing his career.

"I think I've become a more well-rounded player," said Subban.

"And even saying that, I still feel I have a ways to go to be a good defensive player in the NHL and to be a player in the NHL."

YOUNG STARS TOURNAMENT

McCann hugs it out with goal celebration

It's customary in hockey to celebrate a goal with a hug from a teammate.

On Sunday, Canucks prospect Jared McCann went about his celebration a little differently, wrapping his arms around the referee after scoring Vancouver's opening goal against the Winnipeg Jets prospects.

"It looked like he needed a hug," quipped McCann, one of two Vancouver first-round picks from the 2014 NHL draft.

McCann entered the Winnipeg zone unchallenged, then beat Jets goalie Connor Hellebuyck with a quick and accurate wrist shot to the stick side.

The Canucks' Jordan Subban checks Connor McDavid of the Oilers during Young Stars tournament action on Friday in Penticton. JEFF BASSETT/THE CANADIAN PRESS

U.S. OPEN

Djokovic wins 10th major

Thrilled to win a point in the U.S. Open final, and bent on proving a point, Novak Djokovic leaped and roared and threw an uppercut, then glared at some of the thousands of spectators pulling for Roger Federer.

After winning another point in that game, Djokovic nodded as he smiled toward the stands. And moments later, Djokovic shook his right arm, bloodied by an early fall, and screamed, "Yes! Yes!" to celebrate a missed forehand by Federer.

Djokovic appeared to be all alone out there in Arthur Ashe Stadium, trying to solve Federer while also dealing with the thousands of fans pulling for the 17-time major champion proclaimed "arguably the greatest player in the history of the sport" by the stadium announcer during pre-match introductions.

In the end, Djokovic handled everything in a thrill-a-minute final on a frenetic night. Frustrating Federer with his relentless defence and unparalleled returning, Djokovic took control late and held on for a 6-4, 5-7, 6-4, 6-4 victory Sunday to earn his second U.S. Open title, third major championship of the year and 10th Grand Slam trophy in all.

Confronted with Djokovic's unequalled ability to race along the baseline and contort his body this way and that, Federer found himself trying to put the ball into the tiniest of spaces. And it didn't work. He wound up with 54 unforced errors, 17 more than Djokovic. Another key statistic: Djokovic saved 19 of the 23 break points he faced, while winning six of Federer's service games.

THE ASSOCIATED PRESS

Novak Djokovic
ALEX GOODLETT/GETTY IMAGES

CFL

Johnson, Redblacks run over Lions in 2nd half

Redblacks running back Jeremiah Johnson scored a pair of touchdowns against the Lions on Sunday at BC Place Stadium.
DARRYL DYCK/THE CANADIAN PRESS

The Ottawa Redblacks confirmed Sunday that they are not a struggling CFL expansion franchise anymore.

Jeremiah Johnson rushed for two second-half touchdowns and Chris Milo kicked five field goals as the Redblacks came back to beat the B.C. Lions 31-18 at BC Place Stadium.

"A year ago, we (were) struggling and trying to figure out what was going on, and now we're on top of our game," said Johnson, who has five touchdowns in his past two games. "I think, as a team, we understand that. We understand that we're in a good place."

The second-year Redblacks improved to 6-4 and moved into a tie for second spot in the East Division with Toronto by winning in a place that has been unkind to Ottawa teams. The Redblacks became the first Ottawa squad to earn a win in Vancouver since Oct. 6, 1990.

SUNDAY At BC Place

31	18
REDBLACKS	LIONS

"For us, the bigger thing for us right now overall that we're all excited about (rather than being tied for second) is we won in the West," said Redblacks quarterback Henry Burris, who completed 26 of 37 passes for 317 yards.

"We knew, if we could get this done, it would definitely move us in that direction to become one of the top teams in this league, and in order for us to become a playoff team that can win anywhere in this league."

Despite throwing a touchdown, Lions QB John Beck struggled to get much going in his first CFL start in place of the injured Travis Lulay (knee) and tossed two interceptions at critical points. Beck completed 20 of 29 passes for 207 yards.

THE CANADIAN PRESS

Rams stuff Seahawks in OT

NFL

St. Louis takes down NFC champions in season opener

SUNDAY In St. Louis

RAMS	SEAHAWKS
34	31

The Seahawks needed a yard. The Rams defence knew that this time, unlike in the Super Bowl, they would give the ball to Marshawn Lynch.

Once again, Pete Carroll's choice didn't work out. Rams defensive linemen Michael Brockers and Aaron Donald stuffed Lynch for a one-yard loss on fourth down to seal a 34-31 overtime win over the two-time defending NFC champs victory Sunday.

"We were thinking run," Donald said. "It's short yardage and we know they've got Lynch back there and we knew they were going to give it to him."

Carroll said the play had been getting two or three yards "all day long." The Seahawks' bid to keep overtime going died at the Rams 43, about 10 yards shy of field goal range.

"I don't know how they got the penetration, but they did," he said.

The Rams assembled a defence that features five first-round picks up front for just such a moment. They sacked Wilson six times, getting two each from Donald and Robert Quinn.

"We wanted to start fast," Quinn said. "A.D. started it off and after that, guys tried to follow him."

> **Normally, when we get three turnovers and they get one, we win. We've been doing that for a long time.**
> Seahawks coach Pete Carroll

Rams quarterback Nick Foles scores a touchdown past Seahawks linebacker Bobby Wagner on Sunday in St. Louis. TOM GANNAM/THE ASSOCIATED PRESS

Greg Zuerlein kicked a 37-yard field goal on the opening drive of overtime.

The Rams watched a 24-13 lead disappear, as Seattle scored 18 points in the fourth quarter, capped by Cary Williams' strip-and-score of Nick Foles with 4:39 left.

With 53 seconds left, the Rams tied the game at 31 after Seahawks defensive back Dion Bailey — the replacement for holdout Kam Chancellor — stumbled on Lance Kendricks' 37-yard touchdown catch.

The Seahawks opened overtime with an onside kick that could have given them a shot at winning the game outright, as Bradley Marquez caught Steven Hauschka's popped-up attempt. After throwing a flag for an illegal fair catch, officials ruled the ball was kicked directly in the air, so Marquez was OK raising his hand.

Foles hit Steadman Bailey for a 22-yard catch for the key gain to set up Zuerlein's kick. THE ASSOCIATED PRESS

RESULTS

THURSDAY
Patriots 28, Steelers 21

SUNDAY
Packers 31, Bears 23
Chiefs 27, Texans 20
Dolphins 17, Redskins 10
Jets 31, Browns 10
Panthers 20, Jaguars 9
Rams 34, Seahawks 31 (OT)
Bills 27, Colts 14
Chargers 33, Lions 28
Broncos 19, Ravens 13
Bengals 33, Raiders 13
Titans 42, Buccaneers 14
Cowboys 27, Giants 26

MONDAY
Eagles at Falcons, 4:10 p.m.
Vikings at 49ers, 7:20 p.m.

Jays say 3 out of 4 ain't bad

MLB

Dickey dealt loss, but T.O. builds AL East lead on Yankees

R.A. Dickey is stuck on 99 wins after Sunday's loss.
GETTY IMAGES

Despite Sunday's 5-0 loss and Saturday's injury to Troy Tulowitzki, the Blue Jays have to feel good about their long weekend in the Bronx and what it means for their post-season aspirations.

Losing Tulowitzki for at least the next two weeks — and potentially longer — muted the celebrations somewhat, but even still, taking three of four from New York on the road to extend their American League East lead to 3-1/2 games at this point in the season is a triumph.

"Shoot, we played good," said manager John Gibbons after the team's offence was shut out in Sunday's finale. "It was a good series. We came in here feeling good and we won three out of four, you can never complain about that."

Dealing with the absence of both Tulowitzki and Edwin Encarnacion on Sunday, the Jays' lineup was held scoreless for the first time in more than two months, failing to mount much of anything against Yankees right-hander Masahiro Tanaka.

With his smooth, balletic windup and masterful split-fingered fastball, Tanaka threw seven scoreless innings, holding the Blue Jays to just four scattered hits, to secure a clean victory for the Yankees and stave off the disaster of a four-game sweep.

Sunday's brisk affair was very different from the series' previous three games, which were characterized by bloated box-scores and lacklustre pitching. The Jays, who have been shut out just five times this season, had scored a combined 30 runs over the first three contests before Sunday's blanking.

R.A. Dickey pitched relatively well on Sunday but was undone — as so many pitchers were this series — by Yankee Stadium's hitter-friendly dimensions.

TORSTAR NEWS SERVICE

PREMIER LEAGUE FOXES FIND A WAY VERSUS VILLA Jamie Vardy scores the game-tying goal against Aston Villa on Sunday in Leicester City, England. Leicester trailed 2-0 with 18 minutes remaining before Richie De Laet began Leicester's comeback in the 72nd minute. Vardy dragged Leicester level and Nathan Dyer gave the Foxes a 3-2 win in the 89th, heading in while being flattened by goalkeeper Brad Guzan. MICHAEL REGAN/GETTY IMAGES

OBITUARY

NBA great Malone dies at 60

Moses Malone devoured rebounds so easily it sometimes seemed he missed shots on purpose to pad his total before scoring.

All those points and rebounds made Malone an NBA great.

Malone, a three-time NBA MVP, died Sunday in Norfolk, Va., where he was scheduled to appear at a charity golf event. He was 60.

Malone had just attended this weekend's enshrinement ceremonies at the Naismith Memorial Basketball Hall of Fame in Springfield, Mass.

Nicknamed the "Chairman of the Boards," Malone was inducted himself in 2001 and remains in the NBA's top 10 in scoring and rebounding.

"With three MVPs and an NBA championship, he was among the most dominant centres ever to play the game and one of the best players in the history of the NBA and the ABA," NBA commissioner Adam Silver said.

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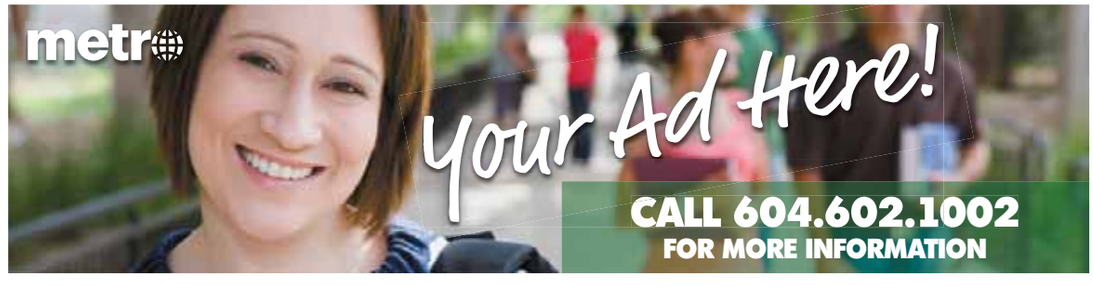


RECIPE Golden Beet, Fig and Arugula Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

I love using golden or orange beets because they are more tender and sweeter than the red beet, and won't leave the red pigment colour on the other foods they come in contact with. The combination of these beets, arugula and maple dressing is outstanding.

Ready in
Prep time: 15 minutes

Ingredients
- 3 cups packed arugula
- 2 large yellow beets, peeled, either spiralized or shredded
- 1/2 small red bell pepper, julienned (sliced thinly)
- 4 fresh figs, cut into quarters
- 3 Tbsp sunflower seeds
- 2 Tbsp olive oil
- 4 tsp maple syrup
- 2 tsp lemon juice
- 2 tsp apple cider vinegar
- 1/2 tsp Dijon mustard
- 1/2 tsp minced garlic
- Salt and pepper

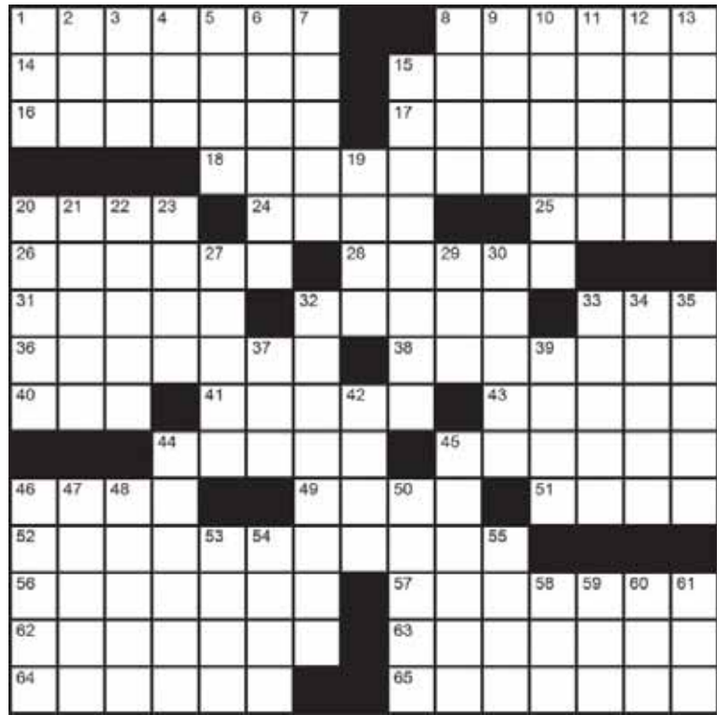
Directions
1. Place arugula and beets on serving platter. Add bell pepper, figs and sunflower seeds.
2. Dressing: Combine all ingredients and pour over salad.

Nutrition per serving (recipe serves 4)
- Calories 170
- Protein 3 g
- Carbohydrates 21 g
- Fibre 4 g
- Total fat 9 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 50 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Paper-folding art
8. Symbol for the restaurant at #19-Down
14. "Titanic" (1997) director James
15. Decathlete's spear
16. Clap
17. Most level
18. Endangered predatory fish, Atlantic __
20. Design
24. "I will be __ to pleading and excuses." - Prince in Shakespeare's Romeo and Juliet, Act III, Scene 1
25. Letters before ://www
26. Tedious listing of things
28. Cursed
31. Extreme
32. Gaze and gaze
33. Track circuit
36. Become less taut
38. Crisscrossed upper portion along a backyard fence
40. Name of one of '60s U.S. President Johnson's pet beagles
41. Web letter
43. Sounds off
44. Inference
45. Geological formation in the Alberta badlands that's pillar-shaped with a flat top
46. Wing-shaped
49. Military cap
51. Lacking
52. Reflection: 2 wds.
56. What leftovers are initially
57. Bamboozled
62. Venue's humans-in-chairs capacity
63. Wind-powered electricity maker
64. Intertwine
65. Letter before Zeta

DOWN
1. Mozart opera, L'__ del Cairo
2. Music style
3. Pixie
4. Collective Soul tune
5. Dubai, United __ Emirates
6. Like furry food
7. Soon, __ __ time
8. Rikki-Tikki-__
9. Pizzeria need
10. Creme de __ (Grasshopper cocktail ingredient)
11. Language of Alaska
12. Ain't, posh-style
13. Available for pouring: 2 wds.
15. Canadian photographer whose works are part of the Vancouver Art Gallery's permanent collection: 2 wds.
19. __ Side Mario's (Canadian restaurant chain)
20. Lavish
21. City in northern France
22. Petal product in perfumery
23. Drug deal buster, commonly
27. Free from fashions of any sort
29. "...man __ __ mouse?"
30. 1980s styles, now
32. In-between-meals activity
33. Ms. Hamilton (Actress who was married to the Canadian at #14-Across)
34. 'A Heritage in Leather' community in southwestern Ontario
35. Monetary units in Mexico
37. Down Under bird
39. New Mexico art colony
42. Particular
44. Printers' mistakes
45. Elevated: 2 wds.
46. Charm
47. __ closet (Hallway spot)
48. "He's __ __ Nowhere Man..." - The Beatles
50. Sticky stuff
53. Ear-related
54. Ms. Russo of movies
55. Corn units
58. "The X-Files" org.
59. Tuesday's partner (1980s band)
60. Antacid brand
61. Lair

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The final piece of a puzzle will fall into place over the next two or three days. Once you can see the entire picture you'll know why it took so long to make sense of it.

Taurus April 21 - May 21
Something you say may confuse other people. Try to see things from their point of view, then explain using plain and simple language.

Gemini May 22 - June 21
You may have to devote the daylight hours to work-related matters but once the Sun goes down your thoughts will be on having fun. As far as romance is concerned a secret crush you have is unlikely to stay secret much longer.

Cancer June 22 - July 23
You should follow a course you have navigated profitably before rather than set out in a new direction. Despite what some may say, there is no need for any type of major change.

Leo July 24 - Aug. 23
You can sense that something is wrong and you know better than to ignore your instincts. Take the initiative and act immediately on your suspicions.

Virgo Aug. 24 - Sept. 23
You may not understand how your mind has arrived at a certain conclusion but deep down you know it is the right one for you. It may seem a bit silly at the present but it will soon make perfect sense.

Libra Sept. 24 - Oct. 23
Try not to criticize yourself for no reason. In fact, try not to criticize yourself even if there is a reason. If you made a mistake, learn from it quickly and move on.

Scorpio Oct. 24 - Nov. 22
Think positively about what you are required to do by people in positions of authority. It may not be what you want to do but don't start a battle you cannot possibly win.

Sagittarius Nov. 23 - Dec. 21
You know a good thing when you see it and what you see today will get your mind racing. How can you make it work for you? How can you make it pay? It's not selfish to think that way — it's just common sense.

Capricorn Dec. 22 - Jan. 20
Why are you worrying for no good reason? The planets indicate that nothing will happen without your agreement and your say-so.

Aquarius Jan. 21 - Feb. 19
Try not to be too judgmental of people whose beliefs and lifestyles differ from your own. Yes, maybe the world would be a better place if everyone was just like you but that isn't going to happen, so get over it.

Pisces Feb. 20 - March 20
You need to resolve a dispute with a loved one or work colleague now. If you let the situation fester for even one more day it may move beyond the point where it is easily rescued. Say sorry, and move on.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6		7	4	5	
8	4	5						
2						1		
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